

# Whole Wheat Nutrients: Information Sheet

*For Session #2*

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## **Riboflavin**

**Role:** Riboflavin plays an important role in energy metabolism, aids in normal vision, and helps in maintaining health and integrity of the skin.

**Sources:** Meat, green leaves, milk, yogurt, and whole grain cereals

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## **Vitamin B6**

**Role:** Vitamin B6 helps to make red blood cells, facilitates metabolism, and aids in the absorption of fats and proteins in the body.

**Sources:** White beans, cabbage, whole grain cereals, avocados, walnuts, eggs, leafy green vegetables, meat, fish, sweet potatoes, and legumes

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## **Thiamin**

**Role:** Thiamin plays an important role in energy metabolism and supports appetite and the functions of the nervous system.

**Sources:** Whole grain cereals, beans, meat, fish, and poultry

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## **Vitamin E**

**Role:** Vitamin E facilitates resistance to diseases and protects cell structures in the body.

**Sources:** Whole grain cereals, leafy vegetables, peanuts, egg yolks, dark green vegetables, vegetable oils, seeds, and nuts

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## **Niacin**

**Role:** Niacin plays an important role in energy metabolism, aids in normal functioning of nervous and digestive systems, and supports integrity of skin.

**Sources:** Whole grain cereals, eggs, meat, poultry, fish, milk, and peanuts

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## **Zinc**

**Role:** Zinc helps maintain a healthy immune system and facilitates the digestion and transport of vitamin A.

**Sources:** Whole grain cereals, meat, chicken, fish, milk, nuts, garlic, oysters, egg yolks, legumes, leafy green vegetables, and seafood

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## **Iron**

**Role:** Iron helps to transport oxygen to the blood and builds new blood cells.

**Sources:** Poultry, meat, fish, liver, seafood, eggs, peanuts, beans, dried fruit, whole grain cereals, and alfalfa



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## **Manganese**

**Role:** Manganese is needed for normal utilization of several other vitamins in the body. It aids in proper fat metabolism, building skeletal and connective tissues, production of energy, proper brain function, and processing blood sugar.

**Sources:** Wheat bran, legumes, nuts, lettuce, leafy green vegetables, blueberries, pineapple, and seafood

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## **Magnesium**

**Role:** Magnesium aids in proper functioning of the nervous system. It helps in strengthening muscles, bone development, and teeth maintenance.

**Sources:** Seafood, dark green vegetables, cereals, nuts, and legumes

